



2018-2019 PROGRAM REQUIREMENTS

Degree: Bachelor of Arts

Major: Kinesiology

Concentration: K-12 Teaching

About This Major . . .

Students will be prepared to teach elementary, middle, and high school physical education. The degree plan includes coursework covering human anatomy and physiology, team and individual sports, exercise science, and teaching methods courses. Students will gradually accumulate over 200 hours of classroom experience before beginning student teaching. School districts throughout Western Colorado provide opportunities to gain experience with children of all ages and backgrounds in a variety of school settings.

Before being admitted into the Teacher Education program, the following courses must be completed with a grade of B or better: ENGL 111, ENGL 112, PSYC 233, EDUC 115, and EDUC 215. (English honors may be substituted for ENGL 111 and 112.) A grade of C or better is required for MATH 110. Also, a minimum cumulative GPA of 2.8 (including transfer and CMU coursework) is required of all students for admission into the program.

For more information on what you can do with this major, go to <http://www.coloradomesa.edu/career/whatmajor.html>.

All CMU baccalaureate graduates are expected to demonstrate proficiency in critical thinking, communication fluency, quantitative fluency, and specialized knowledge/applied learning. In addition to these campus-wide student learning outcomes, graduates of this major will be able to:

1. Apply scientific concepts that relate to the development of physically educated individuals. (Critical Thinking)
2. Consistently display competent motor skills and fitness levels. (Applied Learning)
3. Plan and teach developmentally appropriate standard based lesson plans. (Specialized Knowledge)
4. Demonstrate teaching skills and strategies that improve learning for all student abilities. (Communication Fluency)
5. Use a variety of assessments and feedback procedures to foster student learning. (Applied Learning, Quantitative Fluency)
6. Demonstrate appropriate attitudes and values (dispositions) that are essential to teachers. (Applied Learning)
7. Instruct K-12 students based on self-written learning plans to address individual learning and developmental patterns. (Specialized Knowledge)
8. Design a safe and supportive learning environment for elementary and secondary education students. (Applied Learning)
9. Apply content knowledge while working with learners to access information in real world settings assuring learner mastery of the content. (Specialized Knowledge)
10. Integrate assessment, planning, and instructional strategies in coordinated and engaging ways through multiple means of communication. (Critical Thinking/ Communication Fluency)
11. Engage in meaningful and intensive professional learning and self-renewal by regularly examining practice through ongoing study, self-reflection, and collaboration. (Applied Learning)

Advising Process and DegreeWorks

This document is intended for informational purposes to help determine what courses and associated requirements are needed to earn a degree. The suggested course sequencing outlines how students could finish degree requirements. Some courses are critical to complete in specific semesters, while others may be moved around. Meeting with an academic advisor is essential in planning courses and altering the suggested course sequencing. It is ultimately the student's responsibility to understand and fulfill the requirements for her/his intended degree(s).

DegreeWorks is an online degree audit tool available in MAVzone. It is the official record used by the Registrar's Office to evaluate progress towards a degree and determine eligibility for graduation. Students are responsible for reviewing their DegreeWorks audit on a regular basis and should discuss questions or concerns with their advisor or academic department head. Discrepancies in requirements should be reported to the Registrar's Office.

Graduation Process

Students must complete the following in the first two months of the semester prior to completing their degree requirements:

- Review their DegreeWorks audit and create a plan that outlines how unmet requirements will be met in the final semester.
- Meet with their advisor and modify their plan as needed. The advisor must approve the final plan.
- Submit the "Intent to Graduate" form to the Registrar's Office to officially declare the intended graduation date and commencement ceremony plans.
- Register for all needed courses and complete all requirements for each degree sought.

Submission deadlines and commencement details can be found at <http://www.coloradomesa.edu/registrar/graduation.html>.

If a student's petition for graduation is denied, it will be her/his responsibility to consult the Registrar's Office regarding next steps.

INSTITUTIONAL DEGREE REQUIREMENTS

The following institutional degree requirements apply to all CMU baccalaureate degrees. Specific programs may have different requirements that must be met in addition to institutional requirements.

- 120 semester hours minimum.
- Students must complete a minimum of 30 of the last 60 hours of credit at CMU, with at least 15 semester hours in major discipline courses numbered 300 or higher.
- 40 upper-division credits (alternative credit limit applies to the Bachelor of Applied Science degree).
- 2.00 cumulative GPA or higher in all CMU coursework.
- A course may only be used to fulfill one requirement for each degree/certificate.
- No more than six semester hours of independent study courses can be used toward the degree.
- Non-traditional credit, such as advanced placement, credit by examination, credit for prior learning, cooperative education and internships, cannot exceed 30 semester credit hours for a baccalaureate degree; A maximum of 15 of the 30 credits may be for cooperative education, internships, and practice.
- Pre-collegiate courses (usually numbered below 100) cannot be used for graduation.
- Capstone exit assessment/projects (e.g., Major Field Achievement Test) requirements are identified under Program-Specific Degree Requirements.
- The Catalog Year determines which program sheet and degree requirements a student must fulfill in order to graduate. Visit with your advisor or academic department to determine which catalog year and program requirements you should follow.
- See "Requirements for Undergraduate Degrees and Certificates" in the catalog for a complete list of graduation requirements.

PROGRAM-SPECIFIC DEGREE REQUIREMENTS

- 2.80 cumulative GPA or higher in all CMU coursework.
- 2.80 cumulative GPA or higher in coursework toward the major content area.
- All EDUC prefix courses must be completed with a grade of "B" or better to progress through program sequence.
- All other coursework toward the degree must be successfully completed prior to the internship.
- Kinesiology licensure students must take the Praxis II content exam prior to student teaching (fee required).
- Students must have ENGL 111 & 112 (or ENGL 129), PSYC 233, EDUC 115, EDUC 215 (All with grade of "B" or higher) and MATH 110 or higher (with grade of "C" or higher) and formal acceptance to the Teacher Education Program.

ESSENTIAL LEARNING REQUIREMENTS (31 semester hours)

See the current catalog for a list of courses that fulfill the requirements below. If a course is an Essential Learning option and a requirement for your major, you must use it to fulfill the major requirement and make a different selection for the Essential Learning requirement.

English (6 semester hours, must receive a grade of “B” or better and must be completed by the time the student has 60 semester hours.)

- ☐ ENGL 111 - English Composition (3)
- ☐ ENGL 112 - English Composition (3)

Mathematics (3 semester hours, must receive a grade of “C” or better, must be completed by the time the student has 60 semester hours.)

- ☐ MATH 110 - College Mathematics (3) or higher

Humanities (3 semester hours)

- ☐ Select one Humanities course (3)

Social and Behavioral Sciences (6 semester hours)

- ☐ PSYC 233 - Human Growth and Development (3) (must receive a grade of “B” or better)
- ☐ Select one Social and Behavioral Sciences course (3)

Natural Sciences (7 semester hours, one course must include a lab)

- ☐ Select one Natural Sciences course (3)
- ☐ Select one Natural Sciences course with a lab (4)

History (3 semester hours)

- ☐ Select one History course (3)

Fine Arts (3 semester hours)

- ☐ Select one Fine Arts course (3)

OTHER LOWER-DIVISION REQUIREMENTS

Wellness Requirement (3 semester hours)

- ☐ KINE 100 - Health and Wellness (1)
- ☐ Select one Activity course (1)
- ☐ Select one Activity course (1)

Essential Learning Capstone (4 semester hours)

Essential Learning Capstone must be taken after completion of the Essential Learning English and Mathematics requirements, and when a student has earned between 45 and 75 hours.

- ☐ ESSL 290 - Maverick Milestone (3)
- ☐ ESSL 200 - Essential Speech (1)

FOUNDATION COURSES (4-7 semester hours)

- ☐ BIOL 209 - Human Anatomy and Physiology (3)
- ☐ BIOL 209L - Human Anatomy and Physiology Laboratory (1)
- ☐ Student must have a current CPR card OR take one of the following:
 - KINE 250 - Lifeguard Training (3)
 - KINE 265 - First Aid and CPR/AED for the Health Care Provider (3)

BA, KINESIOLOGY, K-12 TEACHING REQUIREMENTS (68-70 semester hours)

Required Core Courses (17 semester hours)

- ☐ KINE 200 - History and Philosophy of Sport and Physical Education (3)
- ☐ KINE 213 - Applications of Physical Fitness and Exercise Prescription (3)
- ☐ KINE 303 - Physiology of Exercise (3)
- ☐ KINE 303L - Physiology of Exercise Laboratory (1)
- ☐ KINE 309 - Anatomical Kinesiology (3)
- ☐ KINE 401 - Organization/Administration/Legal Considerations in Physical Education and Sports (3)
- ☐ KINE 494 - Kinesiology Senior Seminar (1)

Required Concentration Courses (31-33 semester hours)

- ☐ KINE 211 - Methods of Lifetime, Individual, and Dual Activities (3)
- ☐ KINE 214 - Methods of Team Activities (3)
- ☐ KINE 256 - Methods of Creative Play, Dance, Gymnastics, and Literacy (3)
- ☐ KINE 260 - School Health Education (3)
- ☐ KINE 301 - Health and Fitness Assessment (3)
- ☐ KINE 320 - Methods of Teaching Physical Education in Elementary Schools (3) (10 field experience hours)
- ☐ KINE 360 - Motor Learning (3)
- ☐ KINE 480 - Inclusive Physical Activity (3)
- ☐ KINE 408 - Methods of Teaching Physical Education in Secondary Schools (3) (10 field experience hours)
- ☐ KINE 497 - Pre-Internship in Physical Education (3) (120 field experience hours)
- ☐ One of the following courses:
 - KINA 101 - Beginning Swimming (1)
 - KINA 102 - Intermediate Swimming (1)
 - KINE 251 - Water Safety Instructor Course (3)

K-12 Licensure Requirements (20 semester hours, must earn a grade of "B" or better in all EDUC courses.)

- ☐ EDUC 115 - What It Means to be an Educator (1) (8 field experience hours)
- ☐ EDUC 215 - Teaching as a Profession (1) (12 field experience hours)
- ☐ EDUC 342 - Pedagogy and Assessment: Secondary and K-12 (3) (20 field experience hours)
- ☐ EDUC 343 - Teaching to Diversity (3) (20 field experience hours)
- ☐ EDUC 499D - Teaching Internship and Colloquia: Elementary for K-12 (6) (300 field experience hours)
- ☐ EDUC 499H - Teaching Internship and Colloquia: Secondary for K-12 (6) (300 field experience hours)

GENERAL ELECTIVES (All college level courses appearing on your final transcript, not listed above that will bring your total semester hours to 120 hours. 5-10 semester hours.)

Suggested Electives: KINE 203 – Human Nutrition, KINE 307 - Philosophy and Psychology of Coaching (3), KINE 370 - Biomechanics & KINE 370L - Biomechanics Laboratory (4), KINE 335 - Sport in Society (3), KINE 342 - Sport Law and Risk Management (3), KINE 403 - Advanced Strength and Conditioning (3), KINE 405 - Sports Nutrition (3), KINA courses on outdoor activities.

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SUGGESTED COURSE SEQUENCING

Freshman Year, Fall Semester: 16 credits

- ENGL 111 - English Composition (3)
- KINE 100 - Health and Wellness (1)
- KINE 200 - History and Philosophy of Sport and Physical Education (3)
- Essential Learning - History (3)
- Essential Learning - Fine Arts (3)
- Essential Learning - Natural Science (3)

Freshman Year, Spring Semester: 17 credits

- ENGL 112 - English Composition (3)
 - KINE 213 - Applications of Physical Fitness and Exercise Prescription (3)
 - BIOL 209 - Human Anatomy and Physiology (3)
 - BIOL 209L - Human Anatomy and Physiology Laboratory (1)
 - MATH 110 - College Mathematics (3) or higher
 - Essential Learning - Humanities (3)
 - EDUC 115 - What It Means to be an Educator (1)
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Sophomore Year, Fall Semester: 16 credits

- KINE 211 - Methods of Lifetime, Individual, and Dual Activities (3)
- Essential Learning - Social and Behavioral Science (3)
- Essential Learning - Natural Science with Lab (4)
- PSYC 233 - Human Growth and Development (3)
- General Elective (3)

Sophomore Year, Spring Semester: 15-16 credits

- ESSL 290 - Maverick Milestone (3)
 - ESSL 200 - Essential Speech (1)
 - EDUC 215 - Teaching as a Profession (1)
 - KINA Activity (1)
 - KINE 214 - Methods of Team Activities (3)
 - KINE 256 - Methods of Creative Play, Dance, Gymnastics, and Literacy (3)
 - KINE 250 - Lifeguard Training (3) or KINE 265 - First Aid and CPR/AED for the Health Care Provider (3)
 - General Elective (if needed) (1)
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Junior Year, Fall Semester: 15 credits

- KINE 309 - Anatomical Kinesiology (3)
- KINE 360 - Motor Learning (3)
- KINE 408 - Methods of Teaching Physical Education in Secondary Schools (3)
- KINE 480 - Inclusive Physical Activity (3)
- KINE 301 - Health and Fitness Assessment (3)

Junior Year, Spring Semester: 12-15 credits

- KINE 260 - School Health Education (3)
 - KINE 303 - Physiology of Exercise (3)
 - KINE 303L - Physiology of Exercise Laboratory (1)
 - KINE 320 - Methods of Teaching Physical Education in Elementary Schools (3)
 - KINA Activity (1)
 - KINA 101 - Beginning Swimming (1), KINA 102 - Intermediate Swimming (1) or KINE 251 - Water Safety Instructor Course (3)
 - General Elective (if needed) (3)
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Senior Year, Fall Semester: 13-16 credits

- EDUC 342 - Pedagogy and Assessment: Secondary and K-12 (3)
- EDUC 343 - Teaching to Diversity (3)
- KINE 401 - Organization/Administration/Legal Considerations in Physical Education and Sports (3)
- KINE 494 - Kinesiology Senior Seminar (1)
- KINE 497 - Pre-Internship in Physical Education (3)
- General Elective (if needed) (3)

Senior Year, Spring Semester: 12 credits

- EDUC 499D - Teaching Internship and Colloquia: Elementary for K-12 (6)
 - EDUC 499H - Teaching Internship and Colloquia: Secondary for K-12 (6)
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